Childbirth Education Class
2017 Registration Form

Name: _______________________________________
Address: _______________________________________
Phone: _______________________________________
Estimated due date: ___________________________
Provider: _____________________________________

Please register me for (mark selection at left):

___ Session 1: January 13 & 14
___ Session 2: May 12 & 13
___ Session 3: September 15 & 16
___ 3-day Session 1: March 6, 8 & 13
___ 3-day Session 2: July 10, 12 & 17
___ 3-day Session 3: November 6, 8 & 13

There is no fee for this class. Pre-registration is required. Please complete the form and return to:

Women’s Special Care Unit
Attn: Childbirth Education
Mayo Clinic Health System
1000 First Drive NW
Austin, MN 55912
Congratulations!

The Women’s Special Care Unit’s commitment and goal is to provide you with the best care and education needs. We believe knowledge and preparation reduces fear and uncertainty, allowing you to make informed choices and to ultimately enjoy a more positive and relaxed experience during this time.

The nurses who instruct you are also the nurses who will care for you during your hospital stay. You should register to attend during your sixth or seventh month.

Tours of our family-centered unit are also available. Please call 507-434-1380 to set up a time for a tour, or if you have any questions.

Childbirth Preparation Class

This class is designed to prepare the expectant woman and her coach/support person for the experiences of late pregnancy, labor, delivery and postpartum.

Included in the class:

• Maternal/fetal aspects of the third trimester
• Labor/delivery process
• Relaxation skills
• Breathing techniques
• Cesarean birth
• “The normal newborn”
• Infant nutrition: The first year of life- breastfeeding
• Postpartum adjustments
• Updated car seat information
• Tour of Women’s Special Care Unit

Class Offerings

2-day Sessions
2-day classes from 6 to 9 p.m. Friday and 9 a.m. to 4 p.m. Saturday are available on the following dates:

Session 1
• January 13 & 14

Session 2
• May 12 & 13

Session 3
• September 15 & 16

Class location:
Mayo Clinic Health System – Classroom 3
1000 First Drive NW
Austin, MN

*Please wear comfortable clothing

3-day Sessions
3-day classes from 6 to 9 p.m. are available on the following dates:

Session 1
• March 6, 8 & 13

Session 2
• July 10, 12 & 17

Session 3
• November 6, 8 & 13

Class location:
Mayo Clinic Health System – Classroom 3
1000 First Drive NW
Austin, MN

*Please wear comfortable clothing

To register complete and return the form on the reverse side by mail, or call 507-434-1380.